

USS Frank Cable Ombudsman Newsletter

"Ombudsmen — the link between Command and Navy Families since 1970"



MARCH/APRIL 2006

Inside this issue:

Chaplains Corner	2
Ombudsmen Notes	3
Important Websites	3
Important Phone Numbers	3
Family Support Group News	4-7

From the Bridge

by CAPT Leo Goff, Commanding Officer



Spring is finally in the air...the crocus are poking their heads up, the daffodils are just beginning to flower and the azaleas will soon be in full bloom... wait a minute this is Guam. That means about the only thing that is changing is its starting to get lighter earlier and darker later... other than that its about the same. But, things are changing on the ship. We have a new XO, Chief Engineer and a host of other new faces.... Welcome to all.

Your spouses and loved ones have been hard at work repairing and providing full service support to more than a dozen ships and submarines in the last two months. They have been doing amazing

work under demanding conditions. One of those ships has been our very own FRANK CABLE. Great work has been happening all over the ship from the deepest bowels of the engine room, to the heart of the mess decks, to our highest antennas, and everywhere in between. I am anxious for you all to see their outstanding work and we are organizing an open-house of sorts near the end of the month, where we will invite you and your families to the ship, to celebrate these great efforts, and let your loved ones strut their stuff.

Because of the nature of the repairs on FRANK CABLE, as we got into some of the systems the scope of the work grew and, as a result, our under-way schedule has slipped some. I have every confidence that we will work through these growths

as quickly and safely as we can. Stay plugged into the Ombudsmen and ask your spouses for updates as they occur. Overall things are really going fabulously, and I am proud to be working with these outstanding professionals.

I wish everyone a wonderful spring. Spring is about rebirth and change. Since the weather is not going to drive change here on Guam, I challenge you to make your own change... go out and see something on the island you have not seen or do something "native". Finally, don't forget to take off

USS FRANK CABLE TOWN HALL MEETING

There will be a town hall meeting in the base Chapel at 6:30pm on March 2.

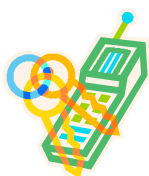
There will be a potluck (dessert only) for those who wish to bring in a little something sweet for the families attending.

This will be your chance to address any issues you have with the Captain and crew. We look forward to seeing you there.

NO cell phone usage while driving on base

One of the most important elements of the military mission is the welfare and safety of the sailors and their families. Use of cell phones impairs driving ability and mask or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles and human speech. According to the NHTSA, distracted driving contributes to 25% of all traffic accidents. These accidents have a serious

negative impact on our families and command morale.



Effective immediately, vehicle operators on ALL base installations on Guam will not use cell phones

unless the vehicle is safely parked or they are using a hand-free device. Violation of

this policy will result in the loss of on-base driving privileges for 30 days, effective 1 March 2006.

This policy applies to all uniformed military personnel, DOD civilians, contractors, family members and any other non DOD drivers operating a motor vehicle.

Commissary News

The CO Naval Base Guam and I recently decided to place a 5 item control limit on purchases at the Commissary. What does this mean and why are we doing this?

We are asking our authorized commissary patrons to be good neighbors and shipmates and try to limit their purchases of "like" items to 5 or less. The commissary has been running out of items as evidenced by the many holes on the shelves. We believe that if we all limit our purchases we can ensure there are more products available for everyone.

If you need more than 5 items then please buy them. All we ask is that you identify those items on a form available in the store. This process will allow us to identify items that we might need to increase in our inventory AND it will allow us to also identify patrons who may be abusing commissary policies and privileges. Anyone suspected of violating those policies by reselling commissary goods or using

Mating Thoughts for the Mating Season

We all have a pretty good idea what the perfect mate ought to be like. We also know that it is very likely that we will never find that ideal person. So what do we do, for we don't want to settle for less, do we?

Well, we idolize, we project,
and we repress.

We idolize a person when he/she is pretty close to the ideal in one or two traits. For example, she has been looking for a very educated man to marry. Finally she meets and gets attracted to a doctor or a naval officer. She will subconsciously disregard the bad or missing personality traits or dismiss that as a superfluous flaw because she is infatuated with the other attributes. She will act to accommodate and appeal to the man and very likely they will get married.

We project essential traits into a person that we got close to and comfortable. These are traits that are important but may not be fully present. We tell and, —in twisted way—, we even prove that those most desirable personality traits are actually there. For example: Boy meets girl, girl breaks his heart by cheating on him. Next girl will be a friend, and the length of their friendship (or acquaintance which may have started while he was dating that unfaithful girlfriend) will give the delusion of dependability, because that's exactly what he is looking for in the rebound relationship. He will convince himself that she is 100% trustworthy, even though he has no real proof and he is actually blind to the signs of contrary. The surprise may come too late.

We repress certain undesirable qualities because everything else seems so perfect in this new relationship. We ignore

the small annoying habits or symptoms of bigger things by rendering them unimportant in view of all the other great things. But deep down we know that there is a problem, so we convince ourselves that after we get married those tiny problems will be erased, corrected, amended, or whatever. It is one of the most bitter revelations within the first two years of the marriage that those annoying things, instead of disappearing, got actually much more pronounced. Now they seem to occupy your days and ruin every one of them. It is no longer fun to be with your mate, you look for excuses for not to be home, and try to avoid being in public with your mate. The respect and the love are gone. You are no longer friends.

In all of these cases the first 2 years will be full of disappointments for the newlyweds. My advice to you is very simple: Be yourself— don't play games, don't pretend you are someone else. If the relationship will last, sooner or later your true personality will be revealed anyway! And be objective: Show yourself and your partner who you really are and what your needs and dreams are. If you match, —great! If not, —go see a movie or go to dance, but don't get married!

Have a sincere Valentines Day!!!



Legality of “Group” Parties in base housing

Recently the base ethics counselor has received a lot of questions regarding the legality of service members and/or their spouses inviting their friends over to their on-base quarters and putting on Tupperware parties, Pampered Chef parties, Party Lite parties and other parties as such.

These “group” parties differ from other business solicitations and advertisements because they are normally considered to be social gatherings among people who already know each other and because the sales pitches are made within a pre-existing circle of friends and acquaintances without any advertising to outside people.

DOD instructions forbid on-base door-to-door solicitations and workplace business solicitations. Other regulations severely limit other forms of business activities and advertising on base as well.

In no way can a command endorse or otherwise support these activities.

**PRE-DEPLOYMENT BRIEF
COMING SOON**

THERE WILL BE A PRE-DEPLOYMENT BRIEF COMING SOON (DATE TBD). THIS BRIEF IS TO ADVISE NEW SPOUSES AND PARENTS OF ISSUES THAT MAY NEED ADDRESSING BEFORE THE SERVICE MEMBER IS DEPLOYED.

1. **UPDATED POWER OF ATTORNEY**
2. **EXPIRING CAR REGISTRATIONS**
3. **CHECK FOR EXPIRING PASSPORTS, IF EXPECTING TO TRAVEL.**
4. **EML LETTERS, IN CASE OF FAMILY EMERGENCY OR IF YOU ARE EXPECTING AN URGENT SITUATION STATESIDE.**
5. **NAVY/MARINE CORP RELIEF SOCIETY DEBT RELIEF AUTHORIZATION FORM. (HANDED OUT AT THE BRIEF)**

THIS IS JUST A START. LOOK FOR THE DATE TO BE ANNOUNCED SOON AND WE LOOK FORWARD TO SEEING YOU THERE, HELPING AND ANSWERING ALL YOUR QUESTIONS.

Commissary News—

commissary purchases in business operations will be investigated and if found in violation, their commissary privileges will be removed.

Thanks for your support in this effort to improve our commissary service and ensure your commissary privileges are protected.

Keep charging!

R/RDML Joe Leidig



Ombudsmen Notes

What is an Ombudsman?

The ombudsman's major role is a bridge between the command, its family members and the resources of the community. They act as a two-way communicator, a referral agent, and interpersonal helper for family members. The Ombudsman is someone who will listen! They can refer Navy families to various support agencies for assistance.

The Ombudsman is a person with whom you can discuss a problem in confidence. They have promised to treat the problems you discuss in a confidential and professional manner, and can make sure you are informed about services and opportunities available to you. The Ombudsman is a person the command has instructed and trained because they care very much about making you life easier.

How well do you know your

Ombudsman?

Diane Brown is from Pittsburgh, Pennsylvania. She has been married to ETC Derek Brown for 16 years and has two children, MacKenzie -5 and Anderson -2. Their duty stations include Bahrain, Naples, Italy, Connecticut, Texas and Guam. Diane is the chairman of the Parent Advisory board for the CDC of COMNAVMAR and Naval Hospital. Her interest include reading, crafting and spending time with her family.

Malina Finocchiaro is from Lake Wales, Florida. She has been married to ENC Scott Finocchiaro for 10 years and have one child, Tyler -4. Their duty stations include, California, Jacksonville, Florida, Naples, Italy, Bahrain and Guam. Her interest include reading, going to college and going on motorcycle rides.

Did you know....?

We attend monthly Quality of Life meetings with the department heads of Housing, Commissary, NEX, MWR and the QOL Officer of COMNAVMAR.

If at any time you or your family needs assistance, please feel free to contact us via email at cableomb@yahoo.com or by phone at 671-687-0752.

We look forward to hearing from you!!

Diane and Malina

USS FRANK CABLE Ombudsmen Team

IMPORTANT NOTICE!!!

Please remember not to discuss ships movement, location or missions over telephones, cell phones and at public venues. If this information falls into the wrong hands, this puts our sailors and families at risk for potential unwanted threats or terrorist attacks.

Important Phone numbers and Websites

USS Frank Cable	American Red Cross 800-951-5600	House Hold Goods 333-2045	Anderson CDC 366-6280/1601
Quarter Deck 343-2545	American Red Cross (619) 542-7552	Loaner Furniture 339-5246	COMNAVMAR CDC 564-1844
Site III Quarter Deck 339-4146	Preventative Medicine 339-1107	Lock out Service 888-4326	Hospital CDC 472-2312
Ombudsman Team 687-0752	Chapels	Self Help 339-7184	Admiral Nimitz Golf Course
Care line 343-CARE(2273)	COMNAVMAR 339-2126	Personal Property 333-2045/6	344-5838/5939
Family Support Group 687-4949	Naval Hospital 344-9127	Vehicle Processing 339-2205	Miscellaneous
Naval Hospital	DODEA	Vehicle Inspection 339-2886	NEX 339-7277
Quarter Deck 344-9340	Administration 344-9160	Recreation & Support	NEX II 339-3079
Central Appointments 344-9202	McCool Elem/Middle 339-5347	MWR 564-1852	Autoport 564-1446
COMNAVMAR Clinic 339-7118	Anderson Elementary 366-1511/2	MWR Tickets & Tours 564-6977	AAFES 653-1136
Pharmacy Refills 344-9620	Anderson Middle 366-3880	Big Screen Movies 564-1830	CNM Commissary 339-5173
Tri-Care 344-9777	Guam High 349-5253	Charles King Gym 564-1824	Anderson Commissary 366-2264
Poison Control 800-222-1222	Housing	CNM Rec N Crew 564-1826	CNM Auto Hobby Shop 564-1827
Emergency Room 344-9314/9232	Welcome Center 333-2081/2	NCTS Sports & Outdoor Ctr	Anderson Gift Shop 366-2747
American Red Cross 344-9260	Trouble Desk 333-4663	355-5623	NFCU 339-4021
www.guam.navy.mil	Information about COMNAVMAR, including housing and recreation.		CNM Pass/Decal Office 339-5208
https://metoc.npmoc.navy.mil	Joint Typhoon Warning Center		Boller Vet Clinic 564-3225
www.tumon.com/ghsa	Guam Home School Association		Guam Telephone Authority
www.whereismypov.com	Find your POV online		644-4482
www.militaryshoppers.com	Commissary coupons online		Marianas Cablevision 635-4628
www.guampdn.com	Pacific Daily News, Guam online newspaper		Navy Marine Corp Relief
www.dmdc.osd.mil/sites/	SITES Directory, information about all duty stations around the world		564-1879/80
www.housing.navy.mil/onestop/main_lbwh.htm	Worldwide Navy government housing information		CNM FFSC 333-2056/7
			EMERGENCY: 333-2989 OR 911

FCSG NEWS



White Elephant Auction

January's White Elephant Auction was a blast!! Christy Goff had everyone bursting with laughter at her careful descriptions of the hidden items we were bidding on.



Although sometimes uncertain of what she was describing, Christy was able to peak all of our curiosity levels into hitting max bids on many of the items. It was a great way to claim new treasure while doubling over in laughter! If you missed this auction you will not want to miss the next one!!!

February's Wine Tasting

On February 2nd, the FSG held a wine tasting at Stanlee's in Tumon. We had a great turnout and a fun time. We sampled 2 red and 2 white wines.



Something to every one's liking. If you are ever in need of a wine suggestion for that special dinner or just to sip, Jon or Stanlee can offer you some great suggestions. Wine prices vary from \$6.95 to very expensive. Just tell them how much you want to spend and they will find a bottle to please.



Families please remember this newsletter is for you! If you would like something covered that has not been, let us know!! We are all ears, contact us at FCSGNews@AOL.com

Babysitters Wanted

If you are a teen or have a teen interested in babysitting during FCSG meetings we are interested in you! We are always looking for help with the younger children. Email us with your contact info at frankcablefsg@yahoo.com. In addition, it is important to RSVP for meetings when you are expecting to use the babysitters provided. This way we know how many sitters to hire for the night. Remember, there is a small fee for the sitters. Thank you!

A note from our President

Hello members of the USS Frank Cable Family, my name is Kymberli Ross and I am the President of the Family Support Group. I have been asked to tell you a little about myself for the upcoming issue of the newsletter, so here goes. I am a relatively new Navy spouse, I have only been married to my husband, TM1 Shawn Ross for coming up quickly on 3 years. We have a beautiful and delightful son, Ryan, whom I joke about being my excuse for not working outside of the home. I chose to leave the workforce where I was a Facilities Coordinator for a Biotech firm in San Diego in order to experience the joys of motherhood and be able to spend the first and formative years with my son. We moved here to Guam in April 2005 and we are enjoying it immensely. I am happy to have met and become friends with many of the spouses who come to the Family Support Group meetings and I hope to meet many more of you soon. If you want to reach me my email address is kymbi089@yahoo.com or you can email me at the Family Support Group web address frankcablefsg@yahoo.com. Either way, in person or by email, I look forward to making your acquaintance soon.

April's FCSG Meeting

Get out your aprons and spatulas! April 6th's meeting will be a recipe exchange held at COMNAVMAR at 7pm. Bring your favorite dish and don't forget to jot down the recipe to share! While we are enjoying each others cooking skills, a typhoon speaker will be giving us all the information needed for typhoon season readiness. Remember a pen and pad of paper to jot down recipes and notes from the speaker!! See you then! For more info contact Kymberli Ross @ frankcablefsg@yahoo.com.

May's FCSG Meeting

If your interested in learning how to do a new craft you won't want to miss May's meeting! On May 4th, at the COMNAVMAR community center, join us as we tackle learning a new craft trade! Also, a speaker from the school district will be there to inform us on a few topics and answer questions! For more info contact Kymberli Ross at frankcablefsg@yahoo.com.

Home and Family

Losing Weight in 2006

Okay so you started working out and are eating better then what you were but the weight is still not coming off. Sound familiar? One of the things many of us do not realize is the impact of calories. We know that too many will cause us to gain weight but we have a hard time counting them. We start our day off with coffee, cream and sugar, maybe a muffin, banana (we have to make sure we have our fruit to feel healthy) and before long we have eaten almost 1000 calories and it is not even lunch time!!! FitDay.com is a great solution to learning how to keep control of our calories. The website offers a free membership!! All you have to do is sign in and you are ready to go. Just type in what you consumed for the day and it will help you add the calories. In addition, the website informs you of where your calories are coming from (carbs, protein, or fat) this is crucial to targeting what area needs work!! This website helps you plan weight goals and much more. I highly recommend it to anyone on a weight loss mission or simply on a mission for a healthier life style! Check it out, it's free!!!



Youth Sports

GYSA Baseball

Karate offered year round.

Dance offered year round

Swim lessons offered year round.

Gymnastics

Bowling to start in April.

Basketball in June.

Questions? Call

MWR @564-1851



INTERESTED IN VOLUNTEERING

MWR Sports office is looking for coaches, sports officials and league officials call 564-1851 for more info!



Kindermusik
a good beginning never ends

...at Island Kids.

Guam's premier music & movement studio. Classes are available for children ranging from Newborn to seven years. Call Gretchen @ 565-KIDS for more information!!

Rabbit Windsock Craft

Materials:

- white paint tissue/Crate paper (spring colors)
- 2 liter bottle with top and bottom cut off
- string
- stapler

Instructions:

Paint the part of the bottle you cut off which would be the middle. Let dry.
Glue on the eyes, ears, nose and mouth.
Staple the tissue/Crate paper to the bottom.
Staple the string to the top and hang up.

Recipe Swap

Welcome to recipe swap! This part of our newsletter is an interactive part. We would like to hear from you! Know any great recipes that you would like to share? Whether they are time efficient dinners, delicious deserts or the world's best chili we want to know. The point of this recipe swap is to share ideas with other families and to make cooking a little more fun!! If you have a recipe you would like to share please email us at FCSGNews@aol.com.

FAJITAS DE POLLO (Chicken-stuffed tortillas)

- | | |
|---|---------------------------|
| 6 boneless, skinless chicken breasts, cut into pieces | 2 tablespoons olive oil |
| 2 large onions, peels and sliced | 12 soft tortillas, warmed |
| 1 sweet red pepper, seeded and cut into strips | 1/2 pound guacamole |
| 1 sweet green pepper, seeded and cut into strips | 1 1/4 cups sour cream |

- 2 tablespoons toasted sesame seeds
- 1 tablespoons chopped fresh cilantro

For the marinade:

- juice of 4 limes
- 3 tablespoons olive oil
- 1 teaspoon dried oregano

- 1.) Make the marinade: combine the lime juice with the oil, dried oregano and cilantro in a bowl. Add the chicken and stir well. Cover and leave in the refrigerator for 4 hours.
- 2.) Put the chicken and the marinade in baking dish. Cover with foil and bake in a preheated oven at 400 degrees for 30 minutes. Bake uncovered for the last 10 minutes of the cooking time. Slice the chicken into thin strips.
- 3.) Meanwhile, sauté the onions and sweet peppers in the oil until they are soft and melting. It does not matter if they become a little brown and caramelized.
- 4.) Place a little of the sautéed onions and sweet peppers on each warmed tortilla and top with some chicken. Add a little guacamole, some sour cream and sesame seeds. Sprinkle with cilantro and roll up. Serve with salsa if wished.



Meet the Hatcher's

Mike, Gretchen and their two boys, Michael 13, and Aaron 4 moved to the island in July of 04. Gretchen, the owner of Island Kids Music, teaches Kindermusik at the studio and at Tender Sheppard Pre-school. Mike is involved in DEFY, a drug intervention program for kids. The Hatcher's are very involved with their church family. Mike is active with the Men's ministry, Gretchen holds a bible study for military wives on base, and Michael is active in the Youth Group. Aaron keeps himself busy getting dirty searching for snails!! Besides spending time together, the Hatcher's favorite things to do are watching movies and going to Tarza.

Cable Babies



Baby on board has a new meaning here!! On January 23rd, 2006, Lt. Timothy Nasello accompanied by his wife and daughters had their newest addition baptized over the ship's bell.

Congratulations to Todd and Kim Ratcliff on their new baby boy!!! James David Ratcliff was born on 02/05/06, weighing 7 lbs 4 oz, and measuring 20.7 in long.



Hot Spots on Guam

Island Diving



GUAM TROPICAL DIVE STATION (GTDS)

Store locations and certification cost

- Main store on Marine Drive across from Ace Hardware: 477-2774
- Andersen dive shop at the Outdoor Recreation Facility: 366-6975
- On the Web: www.gtds.com

Certification for open water diver: \$149 (\$99 for the class and \$50 for the materials.)

Night dives and more

Not yet a certified open water diver? GTDS classes start every week, whether you need an open water or an advance diver certification or just a refresher. They also offer **night dives** every Wednesday and Friday. Every Saturday and Sunday they have **FREE** lead beach dives by Lee Heinz, a master of all of Guam's hot dive

MICRONESIAN DIVERS ASSN. (MDA)

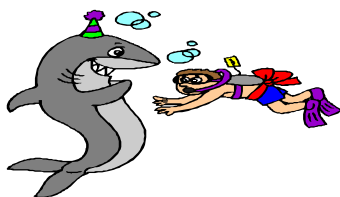
Store locations and certification cost

- Main store in Piti on Marine Drive: 472-6321
- NEX Dive Center: 564.6321
- Sumay Dive Center: 339-2239
- On the Web: www.mdaguam.com

Certification for open water diver class: \$159 includes dive gear, lesson material and a two-tank boat dive. \$10 discount for E6 and below. Snorkel gear is an additional \$9 per day.

Wanna scuba?

Don't want to leave the surface? Shannon from MDA offers these hot spots for snorkeling: In front of the Hilton in Tumon, Fish Eye, Piti Bomb Holes and on COM-



Dive Trips

SHARK WEEK & WREXPEDITION TO PALAU

Fish 'n Fins Shark Week, March 22-29, from \$999

Sharks... Sharks... and more Sharks. Every year in March and April, hundreds of gray reef sharks gather in Palau for their annual mating season. **March 22-29, Fish 'n Fins In Palau** hosts shark expert professor Phil Lobel and National Geographic's Critter Cam producer Greg Marshall as well as shark scientists and researchers for a week of high voltage shark diving. Additionally, they will have sharks and photography seminars, a shark photo shoot with great prizes, and a dive on the newly discovered Silvertip Point. For many of us, this is a once in a lifetime chance to be a part of such a great experience.

Package: includes 7 nights at West Plaza Hotels, 5 days of diving (2 tanks a day), entry to photo shootout, seminars, specialty designed t-shirt, participation in scientific research and data collecting, lunches, transportation. Price does not include airfare.

4th Annual Wrexpediton, June 5-10, from \$999

On March 31, 1944 an American Attack on the Palau Islands left more than 40 WWII shipwrecks and airplanes silently rest at the bottom of the lagoon. 61 years later...

Fish 'n Fins, a dive shop in Palau, invite you to explore the popular wrecks of Palau and rediscover the forgotten ones.

Package includes: 7 nights at West Plaza Hotels (double occupancy, other hotels are available), 5 days of wreck diving (3 tanks per day), deco tanks, seminars and movie nights, specialty designed t-shirt, lunches, and transportation on island, and much more... Price does not include airfare.



For more information contact:

Fish 'n Fins / Ocean Hunter
Email: fishnfin@palaunet.com
Website: www.fishnfins.com

MILITARY DISCOUNTS

Ace Hardware: 10% off

Champion Sports: 10% off of regularly priced items

Hard Rock Café: 10% off food and merchandise

Hilton restaurants: 20% off

KB Toys: 10% off on Mondays

Mark's Sporting Goods: 10% off

Nike store in the GPO: 10% off

Underwater World: 10% off discounted annual rates

Know anywhere that offers a military discount? We want to know!! If you have heard of a business around here that offers a military discount email us at FCSGNews@aol.com.

The Mermaid Tavern

Restaurant Review

Are you looking for some fresh brewed beer and a Pub style menu? The Mermaid Tavern, located next to the recruiting offices in the GCIC Bldg on Marine Corps Drive, is just the place!

The atmosphere is very nice with cool mermaid art on the walls. The Tavern has a unique menu you just cannot get anywhere else on the island! Starting off with six locally brewed fresh beers with thumbs up rating from the beer drinkers polled. They have a food selection consisting of burgers, homemade gumbo, and a wide variety of Po Boys (i.e. steak, shrimp, chicken, etc.). Pizza, vegetarian dishes, and salads loaded with ingredients are also some great choices offered.

Prices range from \$5 to \$14. The Mermaid Tavern opens at 5 p.m. Parking is behind the building. Drinks are served promptly but you shouldn't be in a hurry for your food. Overall the Mer-

ANNUAL ASIAN BAZAAR

will be held on April 29th and 30th at the High School! Great chance to pick up some spiffy crafts and rugs!

North Island Hits

Okay N.Islander's, if you are feeling left out up there in S.Fin here are a few things that will help prove you wrong!! Andersen has wonderful activities that will keep you busy at all times!

Personal Trainers at Coral Reef Fitness Center

Trying to get into shape for the New Year? Check out the Andersen Fitness Center's team of personal trainers: Kelly Thomas, Oneikka Jacobs, LaVonne Wyatt, Andi Pepper and Melissa Phelps. Each trainer offers custom training to help you meet your fitness and health goals.

Fees:

One 90-minute session \$30

Three 90-minute sessions \$87

Six 90-minute sessions \$168

Nine 90-minute sessions \$243

Twelve 90-minute sessions \$312

Body Composition is free with the purchase of 3 or more sessions. Sign up to train with a buddy and save!

Coral Reef also has aerobic classes available to dependents at **no charge** check out the website for the current schedule

<http://www.36thservices.com/Documents/aerobics.pdf>

Hours of Operation:

Mon-Fri: 4:30 a.m. to 12 a.m. **Sat/Sun:** 6 a.m. to 8 p.m.

* **Holidays/Down Days:** 9 a.m. to 6 p.m.

366-8282/6100



Andersen Youth Bowling League

Have some fun and join the Youth Bowling League! There are three different age groups for children ages 6 -17. The season runs 10 weeks. Cost is \$9 per

child per week plus shoe rental \$1. The next season will be summer and registration will begin late April early May. For more information Call Mitch at 688-0807 or Mitch and Kelly at 366-5117



OSC Gift Shop

Need to pick up unique gifts or just something for yourself? Check out the Andersen OSC Gift Shop located just past the Commissary. At the air traffic control tower turn right and you will see the building on the left, just past the track and soccer field. Hours: Tuesday 10am - 2pm, Thursday 3pm - 6pm, and the 3rd Saturday each month 9am - Noon. Contact number: 366-2747.

Latin Dance Class

Latin Dance Classes at Coral Reef Fitness Center

Thursdays 6:30-7:30

Registration at 6pm

\$30 per person (4 classes per month)

\$50 per couple (4classes per month)



Golf Lessons & Clinics at Palm Tree Golf Course

366-GOLF (4653)

Free Lady's Clinic - Every Thursday from 8 - 9am. Must purchase \$2.00 bucket of balls.

MWR NCTS

Pool

Those of you located on the north end of the island don't forget that Naval Computer and Telecommunications Station pool is open Saturday and Sunday for recreational swimming 11am-5:30pm and

Monday-Friday for lap swim only 6am-8am. 355-5091

GYM

NCTS gym has just been refurbished and open for your convenience.

355-5623

DEPARTMENT OF THE NAVY
NAVY FAMILY OMBUDSMAN
USS FRANK CABLE AS-40
EPO AP 96657-2615
OFFICIAL BUSINESS

Women's History Month

March 2006

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2 E-6 Advancement Exam Townhall meeting 6:30pm	3	4
5	6	7	8	9 E-5 Advancement Exam	10	11
12	13	14	15	16 E-4 Advancement Exam	17 St Patrick's Day	18
19	20	21	22	23	24	25
26	27	28	29	30	31 End of Availability Period	

April 2006

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3	4	5	6	7	8
PRT Weigh Ins April 1-14						
9	10	11	12	13	14	15
PRT Weigh Ins April 1-14						
16 Easter	17	18	19	20	21	22
23	24	25	26	27	28	29
30						